



UNITED NEIGHBORHOODS OF SANTA CLARA COUNTY'S

Neighbor to Neighbor

VOLUME 6: NUMBER 4 - APRIL 2003

CALENDAR

BOARD OF DIRECTORS MEETING

Wednesday, Apr 9
6:00 pm
UNSCC Alma Office
525 W. Alma Avenue
San Jose

committees meetings
call to order
approval of minutes
treasurer's report
director's report
committee reports
fundraising training
adjourn

FUNDRAISING TRAINING

Tuesday, May 6

BOARD OF DIRECTORS MEETING

Wednesday, May 7

YOUTH CONFERENCE

Saturday, May 10

ADVISORY COUNCIL MEETING

Wednesday, May 21

UNSCC does not endorse
political candidates

525 W. Alma Avenue
San Jose, CA 95125
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unsc@pacbell.net
www.unsc.org

UNSCC - THE YEAR AHEAD

Scott Scholz, UNSCC Chair

This year, United Neighborhoods of Santa Clara County (UNSCC) proudly celebrates its 10th Anniversary. A coalition of neighborhood associations, UNSCC continues to grow and has a current membership of sixty-eight associations. It is exciting to see the growth of the organization over the past few years and to see the enthusiasm of neighborhood associations coming together to make all neighborhoods strong, healthy and livable communities.

As a result of "City Watch Day", UNSCC has established a communication channel with the San Jose Mayor's office. Our initial goal is to improve communication between our elected officials and neighborhood associations. We have also had preliminary discussions on reducing redundant neighborhood services and costs. To facilitate the communication, we are currently in the process of meeting with each San Jose Councilmember and Santa Clara County Supervisor, and plan to meet with many other city's elected officials.

UNSCC's success is largely dependent upon the time and talent of volunteers. In order to better serve our members, please consider volunteering or encouraging others to serve on one of the committees below:

Conference Committee - UNSCC will be hosting our 10th Annual Conference this year. The committee has already started planning this year's signature event. UNSCC is also co-hosting a Youth Conference this May.

Marketing and Public Relations Committee - This committee needs volunteers to help promote our organization, events, trainings, workshops and conferences.

Products and Services Committee - The committee has recently surveyed our membership and is working on the schedules of trainings and workshops which will be offered later this year.

Fundraising Committee - The committee assists in finding fundraising sources for UNSCC. The committee is currently planning a golf tournament fundraising event in August.

UNSCC has come a long way in the past ten years. Thank you for all of your efforts on behalf of "our" organization. Enjoy our 10th Anniversary year!

UNITED NEIGHBORHOODS OF SANTA CLARA COUNTY

United Neighborhoods of Santa Clara County is a coalition of neighborhood associations. Our mission is to promote the creation, preservation, and enhancement of healthy neighborhoods through education, resources and outreach.

Thank you County Supervisor Blanca Alvarado for supporting UNSCC!

Neighbor to Neighbor

EXECUTIVE DIRECTOR FYI

San Jose CAP grants - the spring 2003 cycle could be funded in May.

City Watch Day update - San Jose Mayor Ron Gonzales was presented, in early March, with a set of recommendations as follow up steps to the meeting in January.

Neighborhood support - Resources for Family and Communities (RFC) is another resource for associations with its recent launch of a neighborhood support program.

Calendar of trainings - UNSCC will complete its trainings and workshops calendar in April. Please contact UNSCC to find out if your association would benefit from a specific workshop.

March workshop - The locating and writing grant workshop was well attended so there were not enough handouts. Additional packets are now available in the office.

Gilroy neighborhood associations - The mission of UNSCC is "to promote the creation, preservation, and enhancement of healthy neighborhoods through education, resources and outreach". This mission is being fulfilled in Gilroy where UNSCC is working closely with Community Foundation Silicon Valley and the City of Gilroy to support the creation of new associations. Intensive and sustained outreach efforts, partnering and leveraging of resources, and commitment to creating healthy neighborhoods had made continuing strides toward the fulfillment of UNSCC's mission.

THANK YOU !

Thank you Len Wigley of Golden Bay Construction for the generous donation. Contributions to UNSCC are totally tax-deductible and are always appreciated.

"IT CAN BE FUN ASKING FOR MONEY!"

When - May 6, 2003 from 6 - 830 pm
Where - 525 West Alma Avenue, San Jose

Consultant Sherry Simmons will lead this exciting workshop to help neighborhood associations and community groups think beyond grant writing for operational money. Contact UNSCC at 408-286-2661 or unsc@pacbell.net for more information or to register.

MINI-GRANTS AVAILABLE

The Violence Prevention Network of Santa Clara County currently has funding available for mini-grants ranging from \$500 to \$2,000 for projects that promote non-violent healthy communities. The deadline for submitting applications is April 30, 2003.

TATTOO REMOVAL PROGRAM

San Jose Mercury News

San Jose's tattoo removal program is looking for teens and young adults who want to change their looks and their lifestyles. The Clean Slate Program provides free gang-related tattoo removal from such areas as the neck, hands, wrists and face in exchange for a commitment to education, employment and community service.

Participants must be San Jose residents between the ages of 14 and 25 and are required to attend a support group that meets from 7 to 8:30 pm at the Youth Intervention Office, 2695 Moorpark Ave. They also make a six-month commitment to the program, which includes 75 hours of community service.

For more information, call Juan Avila or Crystal Vest at 408-794-1220.

Neighbor to Neighbor

Youth Empowerment

When: Saturday, May 10th, 2003
9am - 5pm

Where: Park Side Hall (Across from
180 Park Avenue
San Jose, CA 95113

What: Leadership Workshops for
FREE Lunch
Youth Recognition Awards
Door Prizes
Resource Fair*

How: To Pre-Register, *Nominate
*Participate in Our Resource Fair
Visit Us Online: www.uns.org
By E-mail: youthseminar@uns.org
or By Calling: 408-794-4000

Neighbor to Neighbor

Don't Eat Your Heart Out

The County's Project LEAN can help you work with school administrators to make more nutritious cafeteria menus.

courtesy of County Supervisor Blanca Alvarado

Perhaps there is nothing more American than the image of Mel's Drive-In in the movie, *American Graffiti*. We love our fast food. It seems to have a permanent place in the American landscape.

U.S. Surgeon General David Satcher states that 300,000 deaths a year are related to obesity.

The popularity of burger joints has prompted Eric Schlosser to write his book, *Fast Food Nation*. He believes fast food has changed the way Americans eat, and is partly to blame for obesity, diabetes, heart disease, and deaths from E-coli bacteria. He recognizes that the pace of American life has sped up because of many factors, but the introduction of fast food establishments has enabled many people to budget less time for eating.



"On any given day, at least one quarter of adults eat fast food."

To make matters worse, there is a newer phenomenon unfolding on the landscape: **Supersizing**. Supersizing refers to the practice of fast food purveyors increasing the size of meals. Opting to supersize that next fast food meal may cost you more than just the 39¢ you pay at the register. Recent studies have shown that overweight individuals are 40 times more likely to suffer sudden death and are 6 times more likely to develop heart disease compared to those who have an average, healthy weight.

DID YOU KNOW?

Ever go to McDonald's and order a "Number 1" supersized? Here is the breakdown:

Big Mac: 590 calories

Supersized order of fries: 610 calories

42 oz. Coke: 510 calories

TOTAL: 1,710 CALORIES

This accounts for 85.5% of all of the calories the FDA recommends for an entire day!

Project LEAN

The Public Health Department's "Project LEAN" (Leaders Encouraging Activity and Nutrition) assists low-income area residents to develop healthy eating and physical activity habits for life. By focusing on a healthful lifestyle, we reduce the prevalence of chronic diseases such as heart disease, cancer, stroke, osteoporosis, and diabetes.

Food on the Run is dedicated to increasing healthful eating and physical activity choices among adolescents. This program is currently working to educate students within school districts in East San Jose. Food on the Run trains teens in nutrition, physical activity, policy, and the media. Nutritionists accomplish their tasks by the following methods:

- § Working with school administrators to create more healthful cafeteria menus
- § Teaching nutrition classes at schools
- § Distributing health information to students within the districts
- § Training and developing student advocacy groups to promote nutrition and physical activity messages

Project LEAN encourages you to take up the cause within your own school district. By contacting the project coordinator, interested community members will gain access to tools and information such as the "Student Advocates Training Manual" and the "School Health Planning Guide."

To contact the project coordinator, call Holly Weber at (408) 792-5126.

The **Nutrition Network** works to increase fruit and vegetable consumption through projects with local agencies, retail outlets, and community groups serving low-income populations in targeted neighborhoods.

This program uses "Community-Based Social Marketing" plans to pinpoint specific, need-driven community health needs at the local level. These detailed plans blend marketing, psychology, sales, and promotion with educational principles to determine the focus of future campaigns. After choosing a specific campaign to work on, dieticians travel to local organizations and visit grocery stores to increase the awareness of eating right.

The Nutrition Network has recently finished a successful healthful eating campaign in East San Jose. The Nutrition Network increased healthful eating awareness in that area by: supermarket interventions, health fairs, a healthy meal cook-off challenge, a video project, among many other approaches.

For information related to this program, call (408) 792-5245.

For further information concerning Project LEAN, visit www.dhs.ca.gov/LEAN.

Neighbor to Neighbor

SANTA CLARA COUNTY REGIONAL PARKS STRATEGIC PLAN PREVIEWS

Campbell
Monday April 7, 2003
6 - 8 pm
Campbell Community Center, Roosevelt Room
1 W. Campbell Avenue, Campbell, CA

Sunnyvale
Wednesday April 9, 2003
6 - 8 pm
Murphy Park Building
260 N. Sunnyvale Avenue, Sunnyvale, CA

Palo Alto
Thursday April 10, 2003
630 - 830 pm
Lucie Stern Community Center, Community Room
1305 Middlefield Road, Palo Alto, CA

ROSEMARY GARDEN YARD SALE

Saturday May 3, 2003
Contact Joseph Fota at 408-441-RGNA (7462) or
ngna_pres@hotmail.com for more information.

SUPERVISOR BEALL'S 3RD ANNUAL

PANCAKE BREAKFAST

Saturday May 10, 2003
8 - 10 am
Campbell Community Center
1 W. Campbell Avenue, Campbell, CA

Get FREE food and questions answered by Supervisor Beall. Please call 408-299-5040 to RSVP.

BIKE TO WORK DAY 2003

Thursday May 15, 2003
California Bike Commute Week, May 12 - 16.
Call 511 or visit 511.org for more information.

ALMOST RELEVANT

Garden snails hibernate during the winter and live on their stored fat. A snail can sleep for three years.

Apples are more effective at keeping people awake in the morning than caffeine.

Tuesday is the most productive day of the week.

FROST FORMATION

San Jose Mercury News

What's the explanation for white frost forming on auto tops, etc., when the air temperature is still 3 or more degrees above freezing? Frost forms in a process called deposition, when water vapor goes directly to its frozen state and bypasses the liquid phase. This can occur even when the air temperature is above 32 degrees if the object that the moist air comes in contact with is less than 32 degrees. When skies are clear, objects like leaves, roofs and cars radiate heat back out to space and cool faster than the air. There can be as much as a 6-degree difference between the temperature of the air and some of these objects. Thus, it's possible to see frost when the air temperature is as high as 38 degrees.

UNSCC BOARD OF DIRECTORS

Chair	Scott Scholz
Vice Chair	Tom Clifton
Secretary	Meg Stein
Treasurer	Tom Freeman
Board Members	Helen Bliven
	Bob Dhillon
	Bart Fisher
	Ken Henning
	Bill Hughes
	Judd Murkland

UNSCC STAFF

Executive Director	Jacqui Carr Gouveia
Program Coordinator	Irene Hsu

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GENERAL MEMBERS

Alma Neighborhood Association
Berryessa Citizens Advisory Council
Blossom Valley Neighborhood Association
Buena Vista Neighborhood Association
Burbank Community Association
Campus Community Association
Canoas Garden Neighborhood Association
Crescent Park Neighborhood Association
Eden Neighborhood Association
Edenvale Roundtable Community Association
Friends of Santa Teresa Park
Goodyear/Mastic Neighborhood Association
Guadalupe/Washington Neighborhood Association
Horace Mann Neighborhood Association
Japantown Neighborhood Association
Julian/St. James Neighborhood Association
Lakewood Village Neighborhood Association
McLaughlin Corridor Neighborhood Association
Monta Loma Neighborhood Association
Northside Neighborhood Association

Olinder Neighborhood Association
Old Mountain View Neighborhood Association
Rancho Narvaez Neighborhood Association
Redwood Estates Community Club
Roosevelt Park Community Action Team
Rosemary Gardens Neighborhood Association
San Jose Downtown Residents Association
San Miguel Neighborhood Association
Santa Teresa Citizen Action Group
San Tomas Neighborhood Association
Sherman Oaks Neighborhood Association
Silver Leaf Neighborhood Association
South University Neighborhood
Spartan Keyes Neighborhood Association
Sunnyhills Neighborhood Association
Sunnyvale Neighbors of Arbor Including LaLinda
Sunrise Valley Neighborhood Association
Thousand Oaks Neighborhood Association
Warner Heights Neighborhood Association
West of Fourth Street Neighborhood Group
Willow Glen Neighborhood Association

ASSOCIATE MEMBERS

College Park Neighborhood Association
Cory Neighborhood Association
Dobern Community Action Team
Eden Hill Neighborhood Association
Fairview Drive Neighborhood Association
Haven Neighborhood Association
Hyde Park Neighborhood Association
Independence High Neighborhood Association
IOOF/San Ysidro Neighborhood Association
Joaquin Miller Neighborhood Association
LeyVa Community Action Team
Lyndale Neighborhood Association
Mayfair Improvement Initiative
Mount Pleasant Neighborhood Association

Newhall Neighborhood Association
North Murray Neighborhood Association
North Willow Glen Neighborhood Association
Park Pleasant Neighborhood Association
Rogers Lane Neighborhood Association
Rose Garden Neighborhood Preservation Association
Santa Teresa Foothills Neighborhood Association
Seven Trees Neighborhood Group
Shasta/Hanchett Park Neighborhood Association
Southgate Neighborhood Association
South Skyline Association
Summerhill Neighborhood Association
Tamien Neighborhood Association
West Evergreen Neighborhood Association